

> 12 YES, you're hired

> 14 Blazing a trail

> 20 Royal appointment



thenewhammag

issue 336 // 11 – 24 March 2016 // Every fortnight



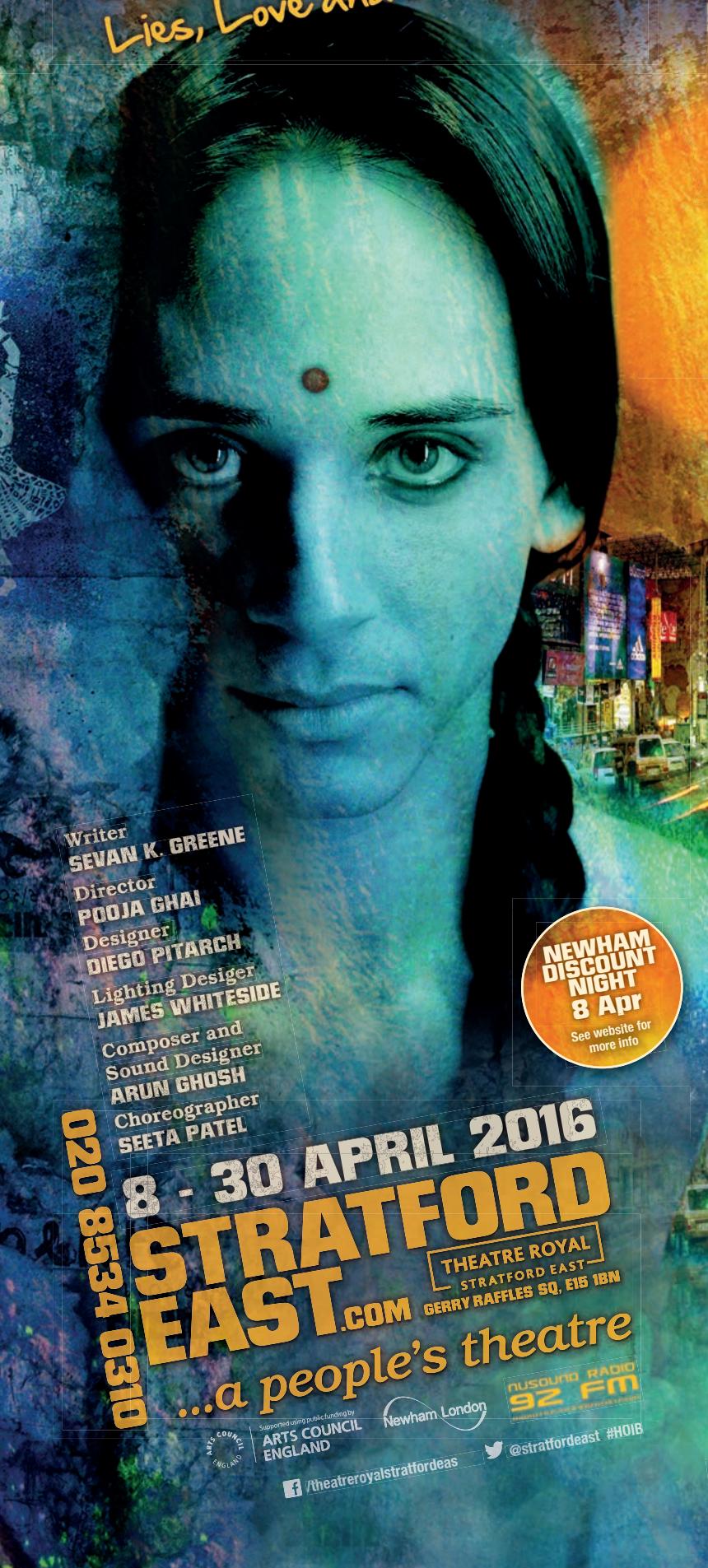
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Drawing on real life (p24)

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Newham London

the newham mag



In this edition of the Newham Mag we celebrate welcoming The Queen to Lister School in Plaistow and to Newham in our 50th anniversary year (p20). You can also discover how residents have been cleaning up the borough in her name (p23).

With so many languages spoken in our borough you can read how one of Newham Council's new small businesses is taking advantage. We also applaud the talents of some of our young first aiders (p11).

Read about how some young apprentices are seizing the latest job opportunities at the council (p12) and how the East London Ladies team are showing that Rugby is not just a sport for men (p14). A new online scheme is helping some of our youngest residents bounce back from a crisis (p17) and there is help at hand to show that there is no stigma attached if you contract TB (p18).

Artist Angelina Dove has returned to Forest Gate to combine her love of art with coffee (p25). Read how some bootleg alcohol was seized by our enforcement teams (p27) and make sure you record your child's health milestones online (p29).

Councillor Joy Laguda

Chair of Newham Council and Civic Lead

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The *Newham Mag* is printed on 100 per cent recycled paper by Garnett Dickinson Print Ltd and distributed by Letterbox Distribution.

Look out for the next issue from **24 March**
View the mag online at www.newham.gov.uk/mag

contents

11 March 2016 // issue 336

Regulars

04 NEWS – two pages of news from across the borough

06 MAYOR'S VIEW – news from Sir Robin Wales

20 NEWHAM IN PICTURES

– Royal visit special

24 WORKING LIVES – blend of coffee and art

30 OUR NEWHAM

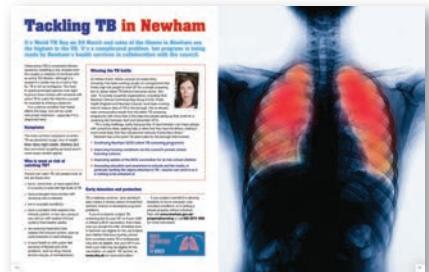
– community news

32 KIDS CORNER – pictures and puzzles for our younger readers

34 WHAT'S ON – five pages of activities and events, most of them free



08



18



14



24

Features

08 MIND YOUR LANGUAGE – success of small business

11 YOUNG LIFE SAVERS – first aid cadets saluted

12 YES, YOU'RE HIRED – young apprentices scheme

14 WOMEN ON THE BALL – rugby's not just for men

17 BOUNCING BACK – overcoming a crisis

18 TACKLING TB – no stigma over illness

23 CLEAN FOR THE QUEEN – community spruce-ups

27 BOOTLEG BOOZE – illegal alcohol confiscated

29 BIG RED BOOK – healthy milestones online

IN BRIEF //

Rogue landlord is fined

A landlord who failed to licence her poorly managed rental property as a house of multiple occupation (HMO), has been fined almost £40,000.

Judith Korkar Odompleh, from Barking, pleaded guilty to 14 housing offences relating to a property in Durham Road, Manor Park, when she appeared at Thames Magistrates' Court.

Newham Council officers had found four households in the property, including a mother and her 14-year-old daughter downstairs; a couple in their 40s in the master bedroom upstairs; and single men living in two other bedrooms upstairs.

Councillor Andrew Baikie, mayoral advisor for housing, said: "This large fine sends a stern warning to other landlords."

Have say on rail improvements

Residents and businesses have until 15 April to make their views known on proposed landscape changes outside Maryland Station in Stratford as part of the Crossrail scheme.

Newham Council has secured funding from Transport for London for public realm and environmental improvements around the station.

Plans are on display at Stratford Library in The Grove. Officers will be present at the library on 24 March and 7 April from 6pm to 8pm to offer further information. More details on the Maryland scheme consultation can be found at www.newham.gov.uk/crossrail

Support for blind veterans

Newham councillor Bryan Collier pledged the council's commitment to ensuring that armed services veterans will not have to battle blindness alone.

Councillor Collier joined more than 30 MPs and peers at the House of Commons to support Blind Veterans UK, the charity for vision impaired ex-servicemen and women.

He said: "Serving your country is the ultimate expression of support for our way of life. We are pleased to support Blind Veterans UK and to be able to signpost people to the specialist training, rehabilitation, emotional support and equipment that is available."

Blue Badge abusers caught out

Newham Council's law enforcement officers and parking wardens have cracked down on drivers abusing the Blue Badge disability parking scheme.

Operation Astute is a series of one-day operations that the council and police officers from the Enforcement Partnership Team are carrying out using the council's Blue Badge database.

A total of 177 badges were checked in East Ham. One was being used despite its owner having died. Another was in use despite the owner reporting they had never received it. Both drivers were issued with Penalty Charge Notices for parking in a disabled bay without a valid badge.

Councillor Unmesh Desai, Cabinet member for crime and anti-social behaviour, said: "People who abuse the system are preventing others who have a genuine need to park from doing so. We will make sure Blue Badges are being used appropriately." If you suspect Blue Badge misuse call **020 8430 2000**.



Cllr Desai joins the operation

Hammers in market for fun

West Ham United young players Djair Parfitt-Williams and Alex Pike joined Mayor Sir Robin Wales and Newham councillors at the latest in the series of Market Games events in Queen's Market, Upton Park.

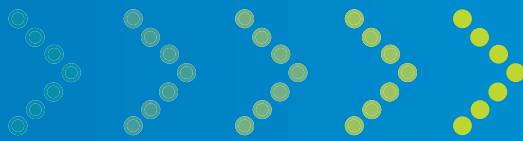
The games, run by the council's Green Street Community Neighbourhood team, the West Ham United Foundation and leisure provider activeNewham, offer free, accessible and high quality sport and physical activities to residents on non-market days.

The Mayor said: "It's a fantastic example of how, by working in tandem with local organisations, we can establish the market as a hub for the community when it's not in use."

The Hammers youngsters joined residents in wheelchair basketball and table tennis and handed out awards to those taking part. Alex Pike said: "It was nice seeing all the kids getting involved in the activities. It's a nice thing to be able to do."



The Mayor with Djair and Alex



News

Money advice is in store

Newham's MoneyWorks one stop shop, which offers residents better deals on financial products and money management advice, has celebrated its official launch with key partners and stakeholders.

At MoneyWorks, residents can get access to affordable short term loans without high fees, as well as obtain exclusive deals and money saving tips they can trust in order to help build their economic resilience.

Since the MoneyWorks store in Stratford Shopping Centre opened for business, it has had 220 registrations and dealt with more than 300 inquiries. Around 140 loan applications have been received.

Mayor Sir Robin Wales said: "No other local authority is doing this. I am proud to be helping our residents have a healthier relationship with money." MoneyWorks is open Monday to Friday, 9am to 5pm For further information call **020 8430 2041** or visit www.newhammoneyworks.co.uk



The Mayor and
councillors at the
official launch

Zero tolerance work is applauded

Residents and health workers gathered at St Mark's Community Centre in Beckton to commit to achieving zero tolerance of female genital mutilation (FGM).

The event highlighted what has been achieved in Newham through prevention and support work as well as identifying what is in place to achieve better health outcomes for women and girls.

Newham councillors Ayesha Chowdhury and Lakmini Shah attended the event, which featured drama from Arc Theatre and the showing of film-maker Leyla Hussein's award winning documentary called The Cruel Cut. Volunteer FGM community champions received certificates marking their contribution to raising awareness of the issue.

Councillor Shah, Cabinet member for children's safeguarding and domestic violence, said: "We have done much work throughout our schools to educate young people about FGM. Our aim is to ensure no girl has it performed on them."



Cllr Chowdhury with FGM champions

>>> Top class news on school places

Every Newham child has been guaranteed a secondary school place in September 2016, London-wide school admissions data has shown.

Newham received 4,235 applications for secondary school places by the closing date of 31 October 2015. More than 70 per cent of Newham pupils have been offered a place at their first preference school.

Overall, 95.54 per cent were offered a place at one of their six preferred schools. The small number of pupils who could

not be allocated a place at any of their preferred schools have been offered places at the school closest to their home that still had places available. Included are 217 children who gained places at schools outside Newham.

Councillor Quintin Peppiatt, mayoral adviser for children and young people, said: "We are doing all we can to meet the growing demand for school places. Our parents and teachers should be thanked for their hard work in ensuring that every Newham child has a place."

We're cleaning up our act

Last weekend I attended some of the Clean for The Queen events that were taking place in the borough. I was delighted to see that so many people turned out to help at these events organised by our Community Neighbourhood Teams. These events are a great way to bring our community together and clean up the borough too.

We recently agreed our budget for the next 12 months and as part of it, we committed to a New Deal for the environment. Our deal with you is to introduce a visiting team to advise residents of how to dispose of their waste and recycle properly, as well as bolstering our enforcement team to capture and prosecute more people who blight our borough with litter and fly-tipping.

"We will be arranging more of these community clean-up events in the months ahead as another way of encouraging people not to drop rubbish on our streets."

While the council is committed to doing all we can to keep the borough's streets clean, we are also relying on residents to do their bit too. We will be arranging more of these community clean-up events in



the months ahead as another way of encouraging people to take pride in the borough. And talking of The Queen, it was a pleasure to be able to greet Her Majesty when she visited Lister Community School to see the work that one of her charities, The Queen's Trust, is doing at the school.

Whatever your personal view on the monarchy and the royal family, you have to be impressed by the fact that as she approaches her 90th birthday,

The Queen continues to inspire the enormous contribution being made to transform young people's lives not only in Newham but in schools across the country.

It was also good to see some of the work that Lister Community School, like other schools across the borough, is doing to improve academic standards and offer a caring and safe environment that will support our young people to succeed.



Mayor's view

Secondary school places guaranteed

Pupils and their parents would have been logging on and ripping open envelopes on national secondary school offer day last week, to find out whether they had got into their first choice of secondary school.

Before that they would have spent hours reading prospectuses, attending open evenings and filling in forms for a place, because every parent wants to ensure that their child can attend the school that will inspire them and help them to achieve their ambitions.

I'm proud to say that every child who applied to Newham now has a guaranteed secondary school place in September, despite the record number of applications we received. Our parents and teachers have worked hard work alongside our staff to achieve this.

Newham has one of the largest populations of young people compared to any of the other London boroughs. The standard of education here and our schools continue to improve and we continue to see increased number of pupils applying to get into them.

We received more than 4,000 applications. Of that number, more than 70 per cent of pupils starting secondary school have been offered their

first choice, with more than 92 per cent offered a place at one of their top three preferred schools.

"We have worked with our schools to add new classrooms and facilities to meet the growing demand for places."

We continue to beat the London average in ensuring our pupils can attend the schools they want. Only 69 per cent of pupils across London obtained their first preference school

and 89 per cent obtained a place in one of their top three schools.

Our school investment programme has already seen us expand some of our most popular secondary and primary schools. We have worked with our schools to add new classrooms and facilities to meet the growing demand for places. The improved facilities I saw at Elmhurst School in Upton Park recently were most impressive.

However we face challenging times ahead and must ensure that the Government provides sufficient funding to fully address the growing need for school places.



with Sir Robin Wales

Speaking the language of business

The New Deal for Newham's residents agreed by Mayor Sir Robin Wales and councillors last month is not only a commitment to protect the services that matter most. It's also a promise to save money, be more efficient and generate income – and that's where the council's Services Small Business programme plays a part.

The programme is the way in which we are changing our services to provide a better, fairer deal for residents. The services will become independent businesses where staff can be more responsive to the needs of the community. It has already saved the council £9 million.

Mayor Sir Robin Wales said: "Our challenge is to do more while receiving massively reduced funding from the Government. We can do that by unlocking the dedication, passion and expertise of our staff.

"By freeing services from the inevitable red tape that builds up in large organisations, we can offer them the power to innovate, be more efficient and make money for the council."

In many cases, the businesses will be

partly owned by the council and partly by staff themselves. That means they will continue to have a strong relationship with the council, but can side-step unhelpful red tape.

"We are playing an active role in creating businesses to serve our community, ensuring they reflect our values and retain strong links to the borough."

They will be more flexible to reach out to new customers in the public and private sectors. Money they make will flow to staff themselves, but some will flow to the council, enabling us to do more for residents.

Added the Mayor: "Some councils have gone down the route of outsourcing

most or all of their services to large private multi-national corporations that do not have a connection to the community. This isn't the right approach to secure a new, better deal for Newham residents.

"We are not offloading our responsibilities to a third party; rather, we are playing an active role in creating businesses to serve our community, ensuring they reflect our values and retain strong links to the borough.

"We are offering staff the opportunity to design and have a stake in the business they work for. And when that business succeeds, it's fairer for the community as a whole to benefit rather than private shareholders outside Newham."

The council's priority will always be to maintain the high service standards that residents have come to expect. Before





a service is ready to leave the council, it will be helped to build the commercial expertise of staff and find potential new customers. There will also be strong safeguards to protect taxpayers' money.

An early success story is Newham's Language Shop, which provides translation and interpretation services in more than 100 languages to clients across the public sector. The business started out as a council service, but today 93 per cent of its work is with other clients.

Among its linguists is Yasmin Yakoob, who speaks Punjabi and Urdu. She has worked with the Language Shop for eight years. It allows her to combine her time with looking after her three children. She said: "I love working with the Language Shop because my bookings are local.

"It's a rewarding job because when you

finish bookings, clients always say they couldn't have managed it without you. We work with older people, children and people of all ages."

Nazibun Nessa and Samiya Khanom both translate Bengali, and two of the dialects associated with the language, Sylheti and Dhaka.

Nazibun has been with the Language Shop for four years. She said: "I used to translate for my family but they said I should see if I could get paid for doing it. My children are grown up so I thought it would get me out of the house. The fact that I've made a difference is my biggest reward."

Samiya began working for the Language Shop in 2014. She said: "All of us seem to build a bond of trust through a common language."

Businesses or organisations that need the services of the Language

Shop, can call 020 3373 4000, visit www.languageshop.org or email bookingsnls@newham.gov.uk

To find out about the New Deal for residents visit www.newham.gov.uk/newdeal



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Recognition for young life savers

There are activities all over Newham that help equip young people with the skills, experiences and confidence to achieve their full potential. Being a volunteer for St John Ambulance is one such activity.

The efforts of 40 young life savers who give up their time to serve the community was recognised at Newham Town Hall as part of a ceremony celebrating having a St John Ambulance unit in East Ham for 85 years.

Badgers and cadets of the East Ham unit were presented with certificates, trophies and shields in recognition of their achievements last year. The 40 volunteers, aged from five to 18, are members of the unit which meets every week at Altmore Infants School.

All learn a variety of first aid skills including CPR with the charity whose aim is to teach everyone simple, life saving skills.

Michael Messenger, national chief volunteer for the charity, Ann Cable, St John Ambulance national volunteering adviser, Councillor Ken Clark and Young Mayor Alex Jarrett were among those who presented awards to the badgers (7-10) and the cadets (10-17).

Councillor Clark, Cabinet member for building communities, public affairs, regeneration and planning, said: "The commitment shown by these St John Ambulance cadets and badgers shows what our young people can achieve."

Matthew Atkinson, unit manager at East Ham, said: "I'm extremely proud

of what the young people of East Ham's St John Ambulance Unit have achieved. It's been a record year for the unit and it's all down to the commitment and enthusiasm of the young people."

The awards presented to badgers were:

Most helpful badger – Tilvin Ginanasekaran Xavier; Best Newcomer – Hariny Mayuravarathan; Uniform Shield (for consistently best presentation in uniform) – Laksa Vasanthakumar; Best Badger (runner up) – Khadeejah Saeed-Ahmed; Best Badger (winner) – Kherri French.

Awards for cadets:

Uniform Trophy (for consistently best presentation in uniform) – Tharsa Suriyakanthan; The Terry John Shield (presented to the best cadet newcomer) – Sharusan Hariharan; The Thomas Pattle Trophy (winner of annual first aid competition) – Rogash Navaratnam; the Mayor's Shield (most time in the year delivering first aid) – Ashley Bastian; the Maureen Crow Shield (for best overall cadet) – Mathuza Senthivel.

To find out more about St John Ambulance visit www.sja.org.uk or email Matthew.Atkinson@sja.org.uk





YES! Flagship apprentice scheme is 25

For many years Newham Council has been supporting young people to learn at work. Our flagship apprenticeship scheme, which was launched a quarter of a century ago, has just welcomed its latest cohort of nine young recruits to follow the 30 that started in September.

The Youth Employment Scheme (YES), launched in 1991, is one of the longest running of any such scheme run by a local authority. It has placed more than 450 young people in employment in a wide variety of roles ranging from engineering, accountancy and ICT to facilities management and business administration.

Ray Ellul, head of talent at Newham Council, said one of the most popular placements is in business administration because it is seen by many young people as a springboard for launching careers into human resources or procurement.

"It is a two year programme and towards the end of the two years, apprentices go onto the council's redeployment register so they will have an opportunity to apply for relevant jobs"

Ray said: "What makes YES such a success is that we offer young people an employment placement, they get a nationally accredited qualification as well as developing a variety of transferrable skills, knowledge and experiences which enhance their employment opportunities and future professional careers.

"Some 86 per cent of the young people we take on to the scheme secure employment with the council. It is about identifying, recruiting, developing and more importantly, retaining local young talent.

"A lot of 18-19 year olds are at a cross roads – do they go to university or do they do an apprenticeship? Apprenticeships have in the past received a bad press but they are a viable option for the young people – our achievements and outcomes in Newham reinforce that apprentices are getting jobs. In addition we have and continue to maintain commitment to our current and future apprentices.

"It is a two-year programme and towards the end of the two years, apprentices go onto the council's redeployment register so they will have an opportunity to apply for relevant jobs.

"In 2017 there will be better

opportunities for apprentices with higher level and degree apprenticeships being more available, allowing us to continue to attract local talent with a broad range of skills from school leavers to potential graduates."

Councillor Terry Paul, mayoral adviser for skills and adult learning, said: "Our YES programme has an excellent track record of training up school leavers. We encourage businesses and others in the private sector to take on apprentices and open up the opportunity of a skilled, sustainable career to more young people in Newham."

Here's what YES offers apprentices

- > A two-year contract with Newham Council
- > A training allowance starting at £180
- > A chance to add to existing skills, ensure you get the right training and qualifications
- > Invaluable work experience
- > An opportunity to gain a qualification, leading to an apprenticeship

Gemma's story

Gemma Allen is a former YES apprentice who first walked in through the doors of Newham Council 20 years ago.

Gemma has progressed in her professional career and is now head of the chief executive's office.

She said: "I joined the scheme after I left school. My first placement was as a receptionist with what was then Stratford City Challenge, which delivered regeneration schemes in Newham and later became Stratford Development Partnership.

"After about four years I worked for a charity for 18 months. I then returned to Stratford Development Partnership having secured the role of Executive Assistant to the Chief Executive.

"I attended a training centre every week to get my NVQ qualification in addition to the workplace based assignments.

"I also took additional training courses with the council including health & safety, note taking and time management. I achieved an NVQ Level 2 and 3 in Business Administration.

"Now, as Head of the Chief Executive's office, my work is more varied. This job has given me a real insight into how the council works to deliver the best services even though our budgets are being cut.

"As the YES scheme is aimed at Newham residents it's a positive sign that the council wants to invest in and develop local young people. What sets it apart is the variety of opportunities on offer – with such a huge range of placements you get a chance to work in areas you may never have thought about, or never would have considered of as a future career.

"The possibility of securing permanent employment and progress through the organisation is a real incentive to work hard. When I look back I remember not only all the different experiences I have gained but also all the people I have met, and the friends I have made."



To find out more about the YES scheme or to apply, go to www.newham.gov.uk/yes

Ladies show it's not just a man's game

Almost two million women and girls play Rugby around the world. East London Ladies RFC hope others will join them.



Top from left: Nicky, Kat, Sam and Vicki.
Front from left: Amanda, Aoife and Katy

East London Ladies RFC used International Women's Day (8 March) to launch their You Don't Have to Be campaign to attract more players. It focuses on the everyday jobs of the team based at the Memorial Ground, West Ham, where firefighters, police and ambulance staff, teachers and City professionals are among its ranks.

Team captain Ciara Baxter, an occupational therapist and child counsellor, said: "Firstly, we want to end the misconception that Rugby is a man's game. Secondly, it doesn't matter what size you are or what job you do. You can be short, tall, large or small – there's a position for everyone out there on the pitch."

You Don't Have to Be a Firefighter to play Rugby

Nicola Barlex Stratford Red Watch

"I got into Rugby when my crew was at the Mayor's Newham Show and East London Ladies were promoting the team. I was hooked from the first training session. I was made to feel so welcome. It's great fun and I wish I'd started sooner.

"Rugby embraces diversity. It's the perfect example of how working as a team can achieve great things. It's fun and you make life-long friends along the way."

Kat Salthouse Stratford Red Watch

"It's fun and exciting and I love team sports, especially ones that cater for all shapes and sizes. East London Ladies are brilliant. I've gone from a novice to being a committed active member of the team in just over a year.

"I'd recommend anyone to come and play because it builds confidence, fitness, skills, and above all friendships."

Victoria Archer-Lee Shoreditch Blue Watch (formerly Stratford)

"I've been playing for 13 years and have met some of my best friends through it. Rugby is such an inclusive sport. There's a role for everyone. Anyone thinking about playing should go for it. It was one of the best decisions I've ever made."

You Don't Have to Be an Ambulance Worker to play Rugby

Samantha Leetch London Ambulance Service Emergency Medical Dispatcher

"I wanted a new challenge when I came here to study at university. I'd played various sports but Rugby was like being with a family.

"Others should try it. Come and watch us and ask about our experiences. It looks scary but when you play it becomes so much easier and you make friends for life."

You Don't Have to Be a Metropolitan Police Worker to play Rugby

Amanda Farrow Police Communications Officer

"You put your body on the line but have fun doing it. You don't have to be a certain body type to be good. You'll never look back if you come and play. Rugby becomes a huge part of your life and you become part of a special family."

You Don't Have to Be a Teacher to play Rugby

Katy Burton New City Primary School, Plaistow

"I loved watching Rugby but never had

the opportunity to play. Our PE co-ordinator needed a member of staff to work with a coach from East London RFC who was coming to run an after-school club. I offered to help and was invited to train with the ladies team. Rugby is inclusive and welcoming. There's a role for everyone and anyone."

You Don't Have to Be a City Professional to play Rugby

Aoife Farrell HR Assistant, FC Business Intelligence

"My housemate played at the University of East London (UEL) for the men's team and recommended I play for the women. I've never looked back. I was one of the first members of the East London Ladies team when it started five years ago.

"Nothing comes close to the family atmosphere Rugby has. It is an intensely supportive environment and offers a great social life as well."

East London Ladies train on Wednesdays during the season from 7-9pm at the Memorial Ground, Holland Road, West Ham. Visit their Facebook page or see www.pitchero.com/clubs/eastlondonrfc



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This project has received funding from the European Union's Seventh Framework Programme for research, technological development and demonstration under grant agreement no 602624-2

Bouncing back from a challenge

Let's face it, life isn't always a breeze and all of us will at some stage need to overcome a challenge that stands in our way. That can be more difficult if you are a young person, but a new online toolkit called Bounce Back Newham can help youngsters become more confident and resilient.

Stress can be caused by many things, whether it's low confidence or if you've fallen out with your friends, got into trouble at school, are worried about your homework or argued with your parents or your family. Don't worry because a solution is at hand that can make overcoming obstacles much less daunting.

"We are committed to developing the personal resilience of all our residents from the youngest to the oldest."

Bounce Back Newham has been put together by 50 youngsters aged ten to 14 working with the Headstart Newham partnership of Newham Council, Newham Clinical Commissioning Group and health agencies. It is supported by the Big Lottery Fund.

The fun and simple to use website contains an interactive workbook that offers support to young people to deal with situations and problems that come up. It is full of small, practical changes they can make to be more confident, successful and happy in life.

Ilyas Mizan, 14, who helped create the site, said: "It was so much fun meeting everyone at the workshops to put the site together. I think this online resource is terrific and totally radical. Resilience to me is about being able to get back up and stand up for what you believe in without fear of being judged. It is important because you have to be able to recover from a situation without avoiding it or making it worse."

Councillor Quintin Peppiatt, Cabinet member for children and young people, said: "We are committed to developing the personal resilience of all our residents



Putting the website together

from the youngest to the oldest. Any parent can encourage their children to get online and find help in dealing with the confusing and tough things life might throw at them."

Parents and families can help children sign up by visiting www.bouncebacknewham.co.uk

Ilyas Mizan



Tackling TB in Newham

It's World TB Day on 24 March and rates of the illness in Newham are the highest in the UK. It's a complicated problem, but progress is being made by Newham's health services in collaboration with the council.

Tuberculosis (TB) is a bacterial infection spread by breathing in tiny droplets from the coughs or sneezes of someone with an active TB infection. Although it is spread in a similar way to a cold or the flu, TB is not as contagious. You have to spend prolonged periods (over eight hours) in close contact with someone with active TB to catch the infection yourself, for example by sharing a bedroom.

It is a serious condition that mainly affects the lungs, but can be cured with proper treatment – especially if it is diagnosed early.

Symptoms

The most common symptoms of active TB are persistent cough, loss of weight, fever, heavy night sweats, tiredness and less commonly coughing up blood and in some cases swollen glands.

Who is most at risk of catching TB?

Anyone can catch TB, but people most at risk are those who:

- > live in, come from, or have spent time in a country or area with high levels of TB
- > have prolonged close contact with someone who is infected
- > live in crowded conditions
- > have a condition that weakens the immune system, or are very young or very old (i.e. with weaker immune systems than healthy adults)
- > are receiving treatments that weaken the immune system, such as corticosteroids or chemotherapy
- > in poor health or with a poor diet because of lifestyle and other problems, such as drug misuse, alcohol misuse, or homelessness.

Winning the TB battle

Dr Heinke Kunst, Senior Lecturer at Queen Mary University, has been working closely on a programme that invites high risk people to their GP for a simple screening test to detect latent TB before it becomes active. She said: "A number of partner organisations, including NHS Newham Clinical Commissioning Group (CCG), Public Health England and Newham Council, have been working hard to reduce rates of TB in the borough. We've already seen some positive results from the latent TB screening programme with more than 2,000 high risk people taking up their invite for a screening test between April and December 2015.



"TB is a big challenge, partly because fear of discrimination can mean people with symptoms delay seeking help or deny that they have the illness, making it much more likely that they will become seriously ill and infect others."

Newham has a four-point TB action plan for the borough that involves:

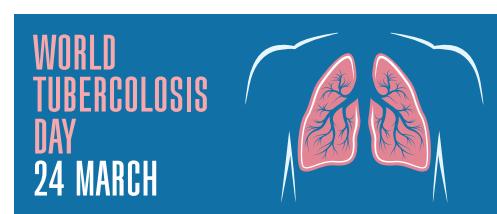
- 1 Continuing Newham CCG's latent TB screening programme**
- 2 Improving housing conditions via the council's private rented licensing scheme**
- 3 Improving uptake of the BCG vaccination for at-risk school children**
- 4 Increasing education and awareness in schools and the media, in particular tackling the stigma attached to TB – anyone can catch it so it is nothing to be ashamed of.**

Early detection and protection

TB is relatively common, and catching it early means a shorter period of treatment and less chance of developing long-term problems.

If you're invited for a latent TB screening test by your GP, or if your child is offered a BCG vaccination, then make sure you accept the offer. All babies born in Newham are eligible for the vaccination, and children that have recently arrived from countries where TB is widespread may also be eligible. Ask your GP if you think your child may be eligible for the vaccination, or search 'TB vaccine' at www.nhs.uk for more information.

If you suspect a landlord is allowing residents to live in cramped, over-crowded conditions, or is renting a private property without a licence, then visit www.newham.gov.uk/propertylicensing or call 020 3373 1950 for more information.







The Queen received a warm welcome when she visited Lister Community School in Plaistow to celebrate opportunities for young people at the school offered through The Queen's Trust, the charity of which she is patron. Children from Plaistow and Southern Road primary schools greeted her with flags as she arrived. She was met by head teacher Anthony Wilson and Mayor Sir Robin Wales. Her Majesty toured the school and listened to the Lister, Southern Road and Plaistow Choir, and the Lister Orchestra, performing with the National Youth Orchestra. She met representatives from organisations supported by The Queen's Trust, including former TV newsreader Trevor McDonald. Her Majesty signed the school's visitors book and unveiled a commemorative plaque.



Newham in pictures special



1 Good morning Your Majesty! Head teacher Anthony Wilson shows The Queen around the school in St Mary's Road, E13. **2** All smiles! The Queen arriving at the school. **3** Flying the flag! Youngsters from nearby Plaistow and Southern Road schools turned out to wave their flags as The Queen arrived. **4** Recipe for success! Kitchen staff from Lister School took time out from preparing school meals to say hello. **5** Say it with flowers. Pupil Nahfiza Begum, 11, presents a posy. **6** A colourful welcome. Southern Road School made sure The Queen knew they were there. **7** A permanent record! The Queen signed the school's visitors book.

Get Moving with activeNewham

Throughout the year come and join activeNewham in two great new ways for the whole family to get active together.

Make Your Move

Weekly fun jogging sessions in the parks for all ages – including babies in buggies!

www.activenewham.org.uk/make-your-move

Both of these activities are
FREE

Great Run Local Newham

Sunday morning informal runs in New Beckton Park, Savage Gardens, E6 5NB

www.activenewham.org.uk/athletics

To find out more call **0300 124 0123[†]**, drop into your local leisure centre or visit www.activenewham.org.uk

[†]This number is charged at the same rate as calls to normal landlines (those that start with 01 or 02). It is included in call allowances, bundled talk time or "free" minutes the same way as regular landline numbers.

in partnership with



active
newham



Newham London

Outdoor event caterers required

We are looking for outdoor catering businesses to trade at:

- The Mayor's Newham Show
- Under The Stars
- Guy Fawkes Night.

For further information, please contact the events team, on **020 3373 3618**, events@newham.gov.uk or **[NewhamEvents](#)**.



It's a right royal clean-up

Newham residents and community groups have been rolling up their sleeves to clean up their streets in special community clean up days being organised by Newham Council's Community Neighbourhood Teams.

The events were designed to bring residents together to help clean rubbish carelessly dropped by others.

They were part of the national Clean for The Queen initiative to mark Her Majesty's 90th birthday. They also support the council's New Deal for the borough through helping to make it cleaner and greener.

Volunteers met at eight clean up events throughout the borough which have been designed to bring people together as well as help them clean their neighbourhoods. The cleaners were joined by Mayor Sir Robin Wales and local councillors.

Councillor Ken Clark, Cabinet member for building communities, public affairs, regeneration and planning, said: "We are committed to keeping our borough as clean and green as possible and these events play an important role in helping achieve this aim. We are also happy to get involved with this initiative to help mark Her Majesty's 90th birthday.

"Days like these not only bring local people together, which is the whole ethos of Community Neighbourhoods, but also send a clear message to those who

bright our borough by thoughtlessly throwing their litter on the ground."

Under Keep Newham Clean – a New Deal for our Environment, Newham Council is:

- investing £1¼m to make the borough cleaner and greener by introducing teams to visit residents and businesses to encourage them to recycle and dispose of their waste responsibly; introducing a weekend monitoring service for street cleaning;
- investing £1million in a new dedicated enforcement team to ensure those who dump rubbish on the streets are made to pay for their actions;
- bringing in a bulky waste collection charge for a 12-month trial period, and maintaining weekly waste collections.



Manor Park Community Neighbourhood



Forest Gate Community Neighbourhood



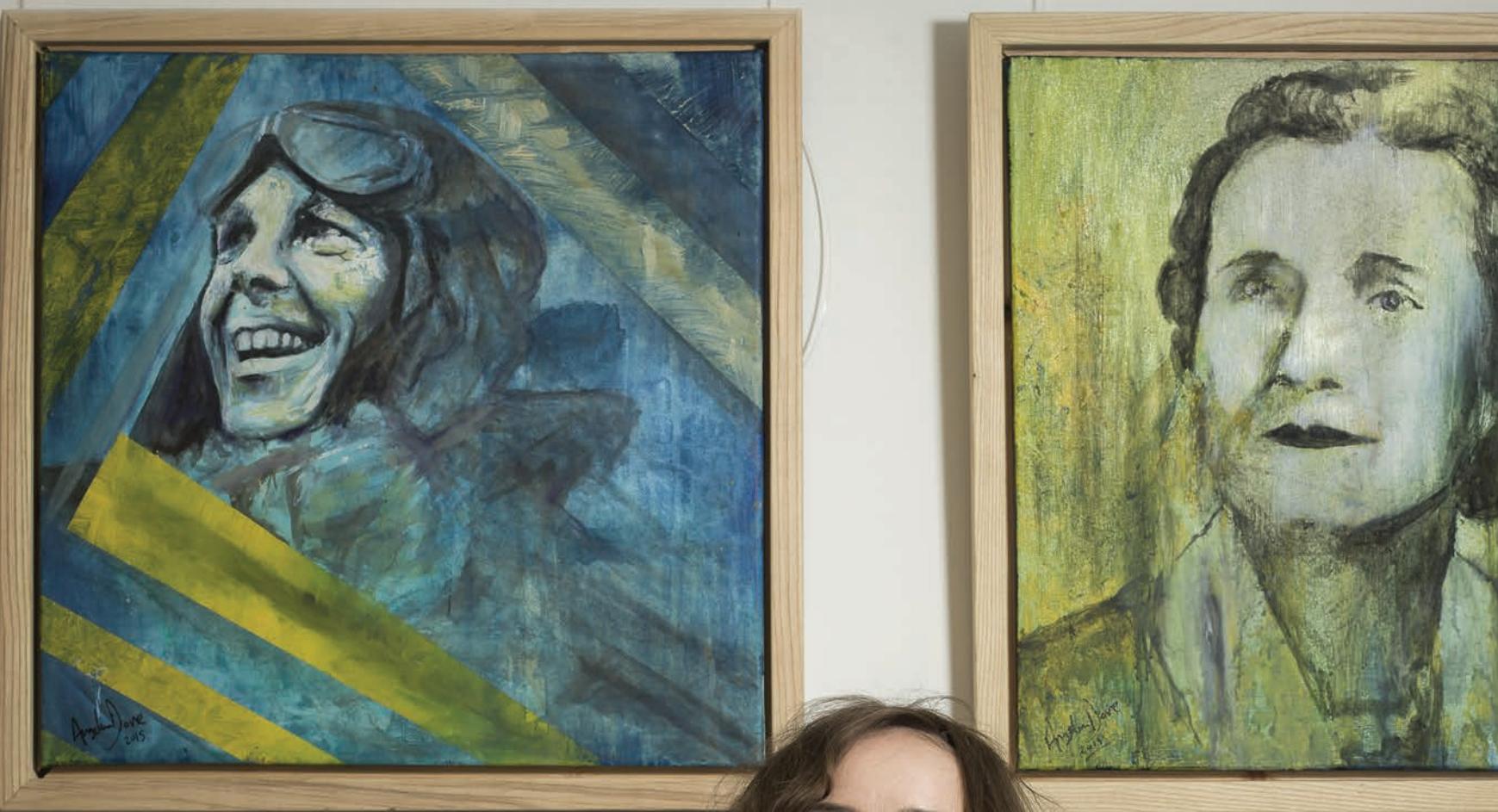
East Ham Community Neighbourhood



Plaistow Community Neighbourhood

For more information about the special clean ups taking place in your area, contact Newham Council's Community Neighbourhood Team 020 3373 6829 or by email on community.neighbourhoods@newham.gov.uk

Dove's homing instinct draws her back



Twenty-something, Angelina Dove, works part-time serving coffee at The Gate, Newham Council's community neighbourhood centre in Forest Gate. The job has allowed her the flexibility to live her dream of being an artist and drawn her back to the place where she was born.

The Gate in Woodgrange Road has been enhanced with a range of facilities to make it an even more inviting place for residents to find out about local activities and initiatives. This includes a coffee shop, free Wi-Fi and enlarged community space for events and displays by local people, groups and organisations.

Angelina has recently staged an exhibition of her work at The Gate, called Rebels and Revolutionaries. She said: "I like The Gate because it has the space and it's very open, without the formality of a gallery. It also feels a bit more connected to my reality and to local people as well."

"I feel at home here like no other place. Maybe that's because I was born here, I feel a sense of belonging."

Although Angelina was born in Forest Gate she spent most of her formative years in Lincolnshire where her parents wanted to live the simple life, closer to nature and growing as much as they could on the land.

It meant she was home-schooled during her early years and also had no TV. Unbelievable in 21st century Britain with teens and adults equally obsessed with mobile phones and the online world, but the lack of a TV ignited a spark of interest in the world around her and in particular, flowers.

She said: "I wanted to be a botanist when I was a child. I was fascinated by plants and flowers and was always pressing them in books and drawing them. I always had an affinity with plants and for me it was like keeping a diary, but a visual diary by drawing them. I was making a permanent record rather than just taking a photograph.

"Because I grew up without a TV and I was home-schooled in my early childhood, the only colours I saw were in real life.

"When I was 17 I came back to Forest Gate to

live my own dream of being an artist. Maybe it is a bit like a homing pigeon. My whole artistic dream is in many genres – there is music, song-writing and painting too. I do it all. I'm a bit of a renaissance woman but I have always felt like I'm on the outside looking in. When other people want out, I want in.

"I admire revolutionaries, people that are almost works of art themselves – I admire them irrespective of their beliefs."

Women feature heavily in Angelina's work. Her exhibition at The Gate included a piece called Brave is Beautiful, focusing on Amelia Earhart, the first female aviator to fly solo across the Atlantic Ocean, and another called Suffragette featuring Emmeline Pankhurst.

Angelina said: "I would not paint anybody that I felt did not do something to justify their cause or belief. I think if people understand something, just a piece of my work, if they feel just something, then I am doing my job.

"I have no formal training as an artist, it is all self-taught and learning from criticism. My parents were both artists and met at the Royal College of Arts."

Angelina finds it inspiring living in Newham. She added: "I feel at home here like no other place. Maybe that's because I was born here, I feel a sense of belonging. In somewhere like Green Street for example, no one is out of place.

"My favourite bit of Newham is Wanstead Flats, the Newham bit that is. I also like Queen's Market because I make bags and a range of other items. I love Green Street as I am always trawling the market for materials and fabrics."

To find out what's going on at The Gate or in Newham's other community neighbourhood centres visit www.newham.gov.uk/communityneighbourhoods

The Coffee7 cafe (C7G) is open at The Gate on Monday, Tuesday Wednesday, Friday, 11am to 5pm; Thursday 11am to 7pm; Saturday 11am to 5.30pm.

Up and away for £2 a day

You can make unlimited 30 minute journeys too. Pick up a bike from the Queen Elizabeth Olympic Park today



MAYOR OF LONDON

Santander CYCLES

Do you have an idea for a New Social Enterprise but need funding to set up?

The Beyond Business Programme, Bromley by Bow Centre are offering start up funding for new or emerging Social Enterprises across Tower Hamlets, Hackney and Newham. The Social Enterprise must be located in those Boroughs

What is the Beyond Business Programme?

Beyond Business has already launched a network of 60 plus successful Social Enterprises in the East End and provides:

- Start up funding,
- Strategic and business planning guidance, and
- Practical business support including training, mentoring and pro-bono legal services.

Is my idea for a Social Enterprise eligible?

To be eligible for a start up grant of up to £17,000 your idea for a Social Enterprise must:

- Have a clear social purpose and outcomes, such as employment for people with barriers to work, youth training, healthy living and local environment improvements.
- Have a sound business proposition and the potential to be financially sustainable without reliance on grant funding.
- Be able to legally set up and start trading by end January 2017.

How will Applicants be assessed?

- Stage 1: Applicants submit an expression of interest form for a panel review.
- Stage 2: Applicants successful at Stage 1 will be invited for an interview.
- Stage 3: Applicants successful at Stage 2 complete a business plan, with support from the Beyond Business team.
- Stage 4: Applicants successful at Stage 3 present their business idea and plan to an independent Dragons' Den panel on 17th October 2016 - funding then approved for successful applicants.

Need an expression of interest form?

Please contact: Kim Hayman, Beyond Business, Bromley by Bow Centre, St Leonard's St, E3 3BT
Telephone: 020 8709 9722
Email: kimh@bbbc.org.uk

The closing date for Submission of Expressions of Interest is 31st May 2016.

For full details on eligibility and any other information, please contact Kim Hayman



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THE END OF THE LINE FOR BOOTLEG BOOZE

Crates of beer, home brew and counterfeit spirits, thought to be worth £75,000, have been destroyed by Newham Council.

Weighing more than ten tonnes, the bootleg booze and confiscated alcohol was seized by the council's licensing teams in their operations across the borough over the past few years.

Officers caught shopkeepers selling alcohol without a licence, they found off-licences breaching their licences by selling super-strength beers, and restaurants selling wines and spirits without having paid the correct alcohol duty.

"Breaching licensing conditions, selling counterfeit alcohol and not paying alcohol duty are not victimless crimes."

The stash, which included crates of Guinness, Heineken and Volfas Engelman, as well as counterfeit spirits, illicit home brew and bottles of wine, was seized and held by the council until it was used in court as evidence.

After the cases were concluded, the council gathered up the ten tonnes of alcohol and boxed it up, ready for destruction.

The licensing team's investigation resulted in fines of £9,000 against off-licences and restaurants who have repeatedly breached their licence conditions.

Recent examples include the off-licence Always Always, in Balaam Street, Plaistow, which last spring was found to be selling alcohol outside licence hours as well as spirits without paying alcohol duty. These spirits were seized and in July 2015 the council's Licensing Sub-Committee revoked the store's licence. An appeal at Thames Magistrates' Court upheld the committee's decision in January.

Councillor Ian Corbett, mayoral adviser for environment and leisure, and chairman of the sub-committee, said: "Breaching licensing conditions, selling counterfeit alcohol and not paying alcohol duty are not victimless crimes.

"Off-licences selling super strength or fake alcohol can often be the source of anti-social or even violent behaviour either on our streets or behind closed doors.

"These irresponsible shops put people at unnecessary risk which is why the council imposes strict limits on the strength of alcohol that can be sold in the borough."



Cllr Corbett, front, and licensing officers



For more information email:
licensing@newham.gov.uk



Revised Bank Holiday refuse and recycling collection days

| Collection day | Revised collection day |
|--------------------|------------------------|
| Monday 21 March | Saturday 19 March |
| Tuesday 22 March | Monday 21 March |
| Wednesday 23 March | Tuesday 22 March |
| Thursday 24 March | Wednesday 23 March |
| Friday 25 March | Thursday 24 March |
| Monday 28 March | Tuesday 29 March |
| Tuesday 29 March | Wednesday 30 March |
| Wednesday 30 March | Thursday 31 March |
| Thursday 31 March | Friday 1 April |
| Friday 1 April | Saturday 2 April |

To check recycling collection dates for your area please visit www.newham.gov.uk/myneighbourhood and enter your postcode into the search. Please note that most recycling collections are fortnightly.



visit www.newham.gov.uk/recycling

Join now at the special pre-opening rate of **£33.50 per month** for life



Atherton Leisure Centre Opening 2 April 2016

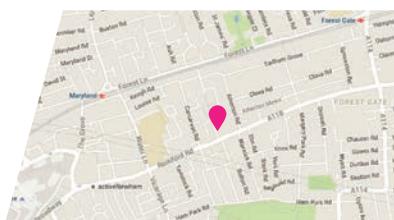
The new Atherton Leisure Centre is opening on 2 April 2016 and will offer state-of-the-art facilities for the whole family. Whatever your age or level of fitness we will support you to improve your health and wellbeing.

Join now at the special membership rate of £33.50 per month for life

There are great facilities for everyone to enjoy and you can benefit from a special pre-opening membership rate of **only £33.50 per month for life**.

This great offer is available until 31 March so make sure you don't miss out and **JOIN TODAY**.

Join now by going to www.activeNewham.org.uk/Atherton



For more information about this great new leisure centre at the heart of the local community please call **0300 124 0123†**.

Atherton Leisure Centre,
189 Romford Road,
London, E15 4JF

†This number is charged at the same rate as calls to normal landlines (those that start with 01 or 02). It is included in call allowances, bundled talk time or "free" minutes the same way as regular landline numbers.

in partnership with

Book in and record child's health online

It is important that everyone works together to improve children's health overall and offer them the best start in life. A new online initiative has the potential to change how parents and health professionals work together to do just that.

Once a baby is born, parents are given what is called a Redbook which keeps a record of their child's vital milestones from the day they are born. GPs, health visitors and midwives all use the same document to chart the child's growth and development, with details of major milestones reached.

Newham's parents are being encouraged by the East London NHS Foundation Trust to be among the first to use a new online version of the Redbook and track their child's progress. It is part of a pilot scheme to create the UK's first digital personal child health record.

The Trust is among several health authorities chosen to take part in the pilot.

Although the information recorded in the existing print Redbook is used by GPs and healthcare professionals, the eRedbook will give parents more access and control of their child's health records. As it will be an online version of the Redbook it will be more secure and less likely to get lost or damaged.

"This is a convenient way for parents to access their child's health records on the go."

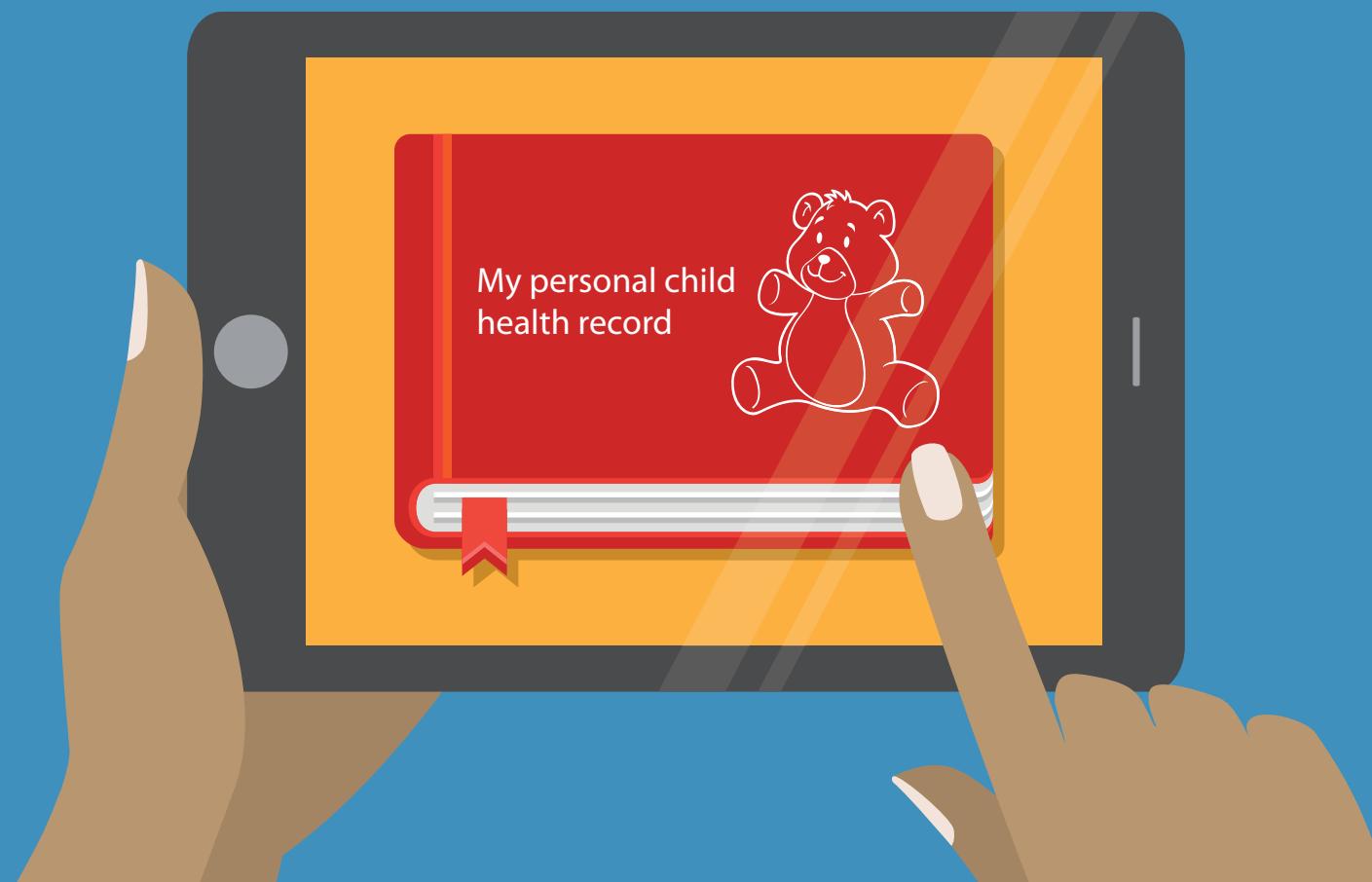
Parents will be able to store notes, their own observations, important information and upload scan images. They can also include family medical histories and upload observations of their child and

general information.

The eRedbook can be set up for access via smartphones, tablets, personal computers and laptops. It will not replace the paper-based book and parents are being urged to continue using the print version alongside the online tool while the latter is developed and tested.

Councillor Clive Furness, mayoral adviser for adults and health, said: "This is a convenient way for parents to access their child's health records on the go. It is freely available and people should consider giving it a go."

If you are interested in registering and taking part go to www.eredbook.org.uk/ELFT



FIND A LIFE-SAVER FOR TOMMY

Crews at Stratford fire station are supporting an urgent appeal to find a life-saving bone marrow stem cell donor for a four-year-old boy.

Tommy Simpson is of white (British) and black (Caribbean) heritage. In January he was diagnosed with acute myeloid leukaemia (AML) and is being treated at Great Ormond Street Hospital.

Tommy's mixed heritage makes it difficult to find a donor with matching stem cell tissue types. His parents Nigel Simpson, a firefighter at Stratford, and Maxine Francis, have launched the appeal for a donor with a white northern European and black African or Caribbean mixed race background.

You must be in good health and aged between 17 and 55. A donor day will be taking place at Stratford fire station in Romford Road on Saturday 2 April. Call the Afro-Caribbean Leukaemia Trust on **020 3757 7700** for details.



Tommy Simpson

Pupils making a racket

Fun was served up for children from six Newham schools who attended a disability tennis festival at Lee Valley Hockey and Tennis Centre in Queen Elizabeth Olympic Park. The festival for youngsters aged seven to 11 with a range of conditions including autism, learning difficulties and physical impairments, was attended by children from Vicarage, Ravenscroft, Tollgate, Hartley, Cleves, and Southern Road schools.

Indoor courts staged a different tennis activity adapted to the needs of the individual youngsters. Jack Pringle, sports development officer at Lee Valley Regional Park Authority, said: "We had fun tennis-themed games designed to improve fitness, social skills, mobility and co-ordination."

The festival was run in partnership with the Tennis Foundation charity, supported by the Lee Valley Community Access Fund. Visit www.visitleevalley.org.uk/hockeytennis for information.



REEL SUCCESS FOR FILM-MAKERS

Enterprising film-makers Jacques Lockwood and Alice Raywood have staged the first in a series of seminars at Stratford Picturehouse where local independent film-makers can show their work on a cinema screen.

Jacques, 22, and Alice, 21, from Stratford, want people to submit low-budget short films for quarterly screening events called Unmasked. They will include scriptwriting and production talks from industry professionals. The next is in the spring.

Alice said: "There are many creative young film-makers. Sadly, money is their biggest problem. We want to develop a showcase for their work and to come together to stimulate ideas."

It costs £5 for film-makers to submit films and £5 for viewers to attend. Alice added: "We hope to cover our costs with admission fees, sponsorship and help from the industry." Entrants for the next Unmasked event should contact alice@twomaskproductions.co.uk



Young entrepreneur easing poverty

Stratford resident Katja Widder wants to put her entrepreneurship skills to good use by visiting Kenya to help fight poverty.

Katja, who has completed business and marketing studies at London Metropolitan University and works in recruitment, has always wanted to work on projects that have a positive impact on society.

She is off to Kenya for three months as a volunteer for Balloon Ventures, part of the International Citizen Service (ICS) that brings young people together to fight poverty.

Katja said: "We will team up with local volunteers to support local entrepreneurs with their ideas to build sustainable businesses and generate income and jobs. I want to encourage young people to become active citizens."

She hopes to raise £800 to support the project through her Just Giving online page. For more details visit www.balloonventures.com or www.volunteerics.org



Shoes for Syrians

Students and staff at the University of East London (UEL) in Beckton have donated 600 pairs of shoes to help the plight of refugees, following a Shoes for Syrians appeal.

The collection was organised by academic Dr Ruqiyabi Naz Awan and the shoes have already been taken to the Greek island of Samos by her brother Shakir as part of a humanitarian convoy organised by charity Lifeline Help. The island is home to thousands of refugees.

Naz said: "The response to the appeal was amazing. Having crossed the Aegean and walked long distances, comfortable shoes are a high priority for the refugees along with food, shelter and warm clothes."

Shakir flew to Greece with the shoes packed into suitcases. He has been sending texts, photos and videos to UEL of them being distributed.



Kids' corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry. We cannot return any entries.

GALLERY



Nawfal Amir Sadic, 6



Malaika Janjua, 11



Brigita Blazyte, 7



Ajaydev Arumugam, 7

Tickets to Stratford Picturehouse

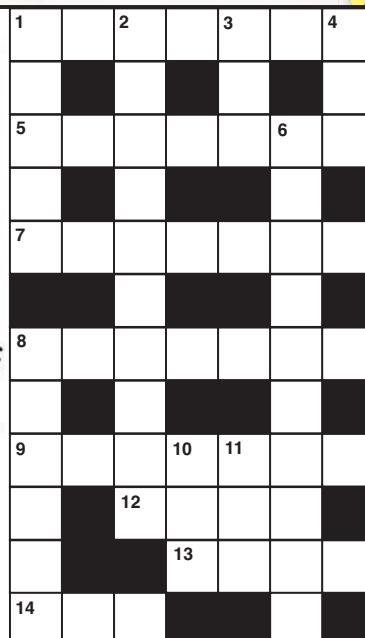
This issue's winner receives a free family ticket at Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.



Picture
house
STRATFORD

Colour-me-in Crossword



Across

- Entertainment in which people sing over pre-recorded backing tracks (7)
- Brass musical instrument (7)
- Jewish language (7)
- Delicious but expensive type of seafood (7)
- Medieval religious war (7)
- Strip of plastic used to stick things together (4)
- One part of the school year (4)
- Colour of blood (3)

Down

- Name of the cat in the picture (5)
- Traffic circle (10)
- Old Age Pensioner, in short (3)
- Consume food (3)
- Soap opera set in London (10)
- In schools, a pupil can keep her possessions in one (6)
- Posed for a photograph (3)
- Type of monkey (3)

Poem

The warmth of the sun,
Hugging everything in its way,
The gentle warm breeze,
Loving the landscape.

Birds chirping in a choir,
Comforting the trees,
Relaxing the grass,
As the sun beams.

Adam Akhtar, 11

WHAT'S ON?

Download our What's On app at www.newham.gov.uk/neighbourhoodevents

OUR THRILLING THREE...

1

Easter Egg Hunt – Come with us for an 'egg-citing' hunt among the books. Look for clues and treats during this free family event. Plaistow Library, Sat 26 Mar, 10am-12noon.

2

Music Workshops for adults with learning disabilities – Join the Royal Philharmonic Orchestra and create your own music at Trinity Centre, East Ham. From 10-12.30pm on Mar 15, 22 and 24. £4 per session.

3

International Women's Day Special Coffee Morning – Meet new friends over coffee, hear stories from inspirational women and enjoy free beauty treatments. Tues 15 Mar, 10.30-12noon, Plaistow Library.

DANCE AWAY THE AFTERNOON

Join the Tea Dance at St Mark's Community Centre, Tollgate Road, Beckton. Time to put on dancing shoes and step back in time. Great place to chat, drink tea, eat cake and make new friends. Over 50s, Wed 16 March, 1-3pm. Costs £1.50 to cover cost of refreshments.



TRY SOMETHING NEW... SAILING

Young people aged ten to 18 have the chance to enjoy being outdoors and learn some new skills at the Sea Cadet Boating Station.

Every Saturday from 5 March, they can learn sailing, rowing, canoeing, and kayaking from 10am until 1pm at the Station at the London Regatta Centre, Dockside Road, Royal Docks.

They can try free waterborne Sea Cadet taster sessions and have the opportunity to gain a nationally recognised qualification if they want.



Indicates free sessions

Libraries unless stated

UNDER-FIVES

Toy Library

Introducing toddlers to borrowing toys. Thurs, 10.30-11.30am, Beckton

Storytelling

Mon 11am-12noon, Tues

10-11am, Beckton; Tues 10.30-

11.30am, Thurs 2-3pm, Plaistow;

Sat 11.30am-1pm, Green St;

Tues, 10.45-11.30am, Canning

Town; Tues, 10.30-11.30am,

Thurs 9.45-10.45am, East

Ham; Tues 11am-12noon, Fri

11am-12noon, Stratford; Fri,

10.30-11.30am, Manor Park;

Mon, 10.30-11.15am, Custom

House; Tues, 10.30-11.30am,

The Gate

Stay and Play

Support for parents and carers to develop their child through play. Mon, Tues, 11am-12noon, Wed,

11am-1pm, Sat 11.30am-1pm, Green St; Tues, 9.30-11.30am, Jeyes C.C; Tues, 10am-12noon, Grassroots; Thurs, 1.30-3.30pm, Jack Cornwell C.C; Mon, 10.30-11.15am, Custom House; Tues, 10.30-11.15am, The Gate

Music and Movement

Sessions for parents/carers and children. Mon, 10.30-11.30am, Grassroots

Jigglee Session (term time)

Fri, 10-11am, Plaistow

Reading Together

Thurs, 2.30-3pm, Custom House

Rhyme Time

Mon, 2.45-3.30pm; Tues, 10.30-11.15am, North Woolwich

Bumps and Babies

Fri, 1.30-3.30pm, The Gate

YOUNG PEOPLE

Cartoon Club

Mon, 3.15-4pm, Weds, 3.15-5pm, Green St

Games Club (7-16yrs)

Sony PS3, XBox360, Nintendo Wii, board games and more. **Thurs, 4-6pm, Plaistow; Tues, 3.30-5.30pm, Custom House; Weds, 3.30-5pm, The Gate; Thurs, 4-6pm, Canning Town; Fri, 5-7.30pm, Green St (Wii only); Fri, 5-7pm, Beckton Globe (5-12yrs)**

Froud Young Project (7-16yrs)

Activities for young people. **Mon, 3.30-5.30pm, Jack Cornwell C.C**

Arts and Craft Workshop (5-12yrs)

Mon 4-5pm, Fri, 3.30-4.30pm, Sat, 1-2pm, Green St; Tues, 4-6pm, Plaistow; Sat, 2-3pm, Canning Town; Sat, 2-3pm, Custom House; Sat, 2-3pm, North Woolwich; Weds, 5.30-7.30pm, East Ham; Thurs, 6-7.30pm, Manor Park

Young Readers Club (7-12yrs)

Read and discuss your favourite books. **Tues, 4-5.15pm, North Woolwich**

East Ham Youth Zone

Sony PS4, DJ decks and other activities. **Tues, 4-7pm, East Ham**

Countries Culture Club

Weds, 5.30-6.30pm, Green St

Kids Dance

Sat, 5.30-7pm, Green St

Multi Games (6-12yrs)

Mon, 5-6pm, Green St

Handwriting Practise

Tues, 4-5pm, Green St

Interactive Learning

Tues, 5-6.30pm, Green St

Family Movie Club

Free films for all the family. **Sat, 4-5.30pm, Green St; Fri, 5.30-7pm, Manor Park**

Time-2-Craft (16+)

Sat, 10-12noon, Stratford (term-time)

Homework Club

Fri, 4-5pm, Beckton; Fri, 3.30-5.30pm, Canning Town; Fri, 4-5.30pm, East Ham; Sat, 2-3.30pm, Green St; Sat, 2-3.30pm, Manor Park; Mon, 3.30-4.30pm, North Woolwich; Mon, 3.30-5pm, Plaistow

Library; **Mon, 4-6pm, Stratford; Sat, 10.30-12.30pm, The Gate**

Film Club (16+)

Thurs, 1-3.30pm, North Woolwich

Children's movie club (5+)

Thurs, 4-7pm, North Woolwich Sat, 4-6pm, Manor Park

Board Games Club

Tue, 4-5pm, Sun, 1.30-2.30pm, Stratford; Wed, 6-7.30pm, Manor Park; Tue, 6.30-7.30pm, Green St; Sat, 11am-12noon, North Woolwich; Fri, 5.30pm-6.30pm, Beckton

Young People's Positive Activities (9-19yrs)

Wed, Fri, 7-9pm, Harold Road Centre; Wed, Thurs, 5.30-8.30pm, Katherine Road C.C.

Elevated Aspirations

Young 'N' Gifted Choir. All young people are welcome to join. **Wed, 6.30-9pm, Stratford, email shaka@youngngifted.org or call 07956 436 743**

Family Film Night

Sat, 5.30-7.30pm, East Ham

ACTIVITIES AND SUPPORT**Afternoon tea**

Weds, 4-5.30pm, Canning Town

Chess Club

Tues, 3.45-5.15pm, Beckton; Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham; Weds, 5.30-7.30pm, Green St; Thurs, 5.30-7.30pm, Stratford; Tues, 5.30-7.30pm, The Gate

Coffee Mornings

Mon, 11am-12.30pm, North Woolwich; Tues, 10-11.30am, Beckton; Tues, 11am-12.30pm, Custom House; Thurs, 10.45am-12noon, Canning Town; Wed, 10-12noon, East Ham

Do It Online (18yrs+)

Six-week or eight-week basic computer training. Advance booking required, contact library directly. **Tues, 10am-12noon,**

East Ham; Weds, 2-4pm, Stratford; Tues, Thurs, 11am-1pm, Green St; Tues, 10am-12noon, Katherine Road C.C; Weds, 10-12noon, Plaistow

Knit & Natter (16yrs+)

Weds, 10am-12noon, Beckton; Fri, 10.45-12noon, Canning Town; Fri, 10am-12noon, East Ham; Tues, 10.30am-12.30pm, Manor Park; Fri, 10am-12pm, Plaistow

ICT Surgery

IT advice for all ages. **Fri, 2-4pm, Canning Town**

Love Newham app

drop-in Learn how to report issues via the app. **Mon, 10.30-11.30am, The Gate**

ICT Drop-in Session

Set up a My Newham profile and create an email account. **Fri, 11am-1pm, The Gate; 10.30am-12.30pm, Green St; Weds, 10.30-12noon, Stratford**

Deafroots Deaf Club

Including quizzes, prizes, refreshments. **Mon, 1.30-3.30pm, Stratford. New members £2, existing members £1. Email angel@deafroots.org.uk or text on 07985 242 778.**

Support in Action

Thurs, 12noon-4pm, Jeyes C.C

SpEC Speaking English with Confidence

Mon, 10-11am, Plaistow; Mon, 11am-12noon, East Ham; Weds, 10-11am, Beckton; Sat, 10am-12noon, Stratford

Adult Reading Groups

Sat, 12noon-1pm, Green St. Email CN.GreenStreet@newham.gov.uk; Thurs, 6.30-7.30pm, 17 March, East Ham email: easthamreaders@gmail.com

Life in the UK Classes

12-week course. Contact 020 8542 3904. **Weds, 10am-12noon, East Ham; Weds 12.30-2.30pm, Fri 10am-12noon, Plaistow; Fri, 12.30-2.30pm, Green St**

ESOL for Beginners

Tues, Fri, 1-3pm, Plaistow; Tues, Fri, 9.30am-12.30pm, Jack

Cornwell C.C; Weds, Thurs, 9.30-11.30am, Katherine Road C.C; Mon and Weds, 9.30am-3pm, Beckton C.C. Call 020 8522 5772 to enrol.

ESOL for Absolute

Beginners **Weds, 9.30am-2pm, Katherine Road C.C; Weds, 10-11.30am, The Hub; Mon, 10-11am, Green St**

Safer Neighbourhood

Drop-in **Weds, 10-11am, Stratford; Tues, 11-12.30noon, 29 Mar, Custom House.**

Get Connected

Bring your laptop, tablet or smartphone and learn how to make the most of your device. **Tues, 1-2pm, Green St**

Sewing Class

Weds, 10am-12noon, Beckton C.C. £2 per session.

Newham Super Choir

Tues, 10.30am-12noon, Beckton C.C

Ballroom Dancing

(18yrs+) Tues, 2-3pm, Beckton C.C; Thurs, 2.30-4pm, Field C.C

Interview Skills Practice

Thurs, 5-6pm, Green St. Book a place by ringing 020 3373 0857 or email CN.GreenStreet@newham.gov.uk

Let's Job Hunt

Thurs, 6-7.30pm, Green St. Book a place by ringing 020 3373 0857 or email CN.GreenStreet@newham.gov.uk

Citizens Advice Sessions

Advice sessions on money management, energy saving and debt. Appointment only. **Mon, 11am-1pm, Manor Park**

Introduction to Newham

Online Course More than 500 free courses. **Sat, 11am-12.30pm, Manor Park**

Basic Computer Skills

Fri, 10.30-12.30pm, Manor Park

My Newham Workshop

Register with My Newham and access council services. **Tues, 6-7.30pm, Manor Park**

English Conversation Club Practise your spoken English. *Mon, 6-7.30pm, Weds, 10.30-11.30am, Manor Park; Mon, 10-11am, North Woolwich; Thurs, 3-4pm, Rabbits Road Institute, E12 5JY*

Together We Can Group for adults under 50 who have had a stroke. *Fri 18 March, 2-4pm, Plaistow*

Stratford London Toastmasters Public speaking & leadership club. *1st and 3rd Monday of each month, 6-8pm, Stratford*

Let's Get Crafting *Wed, 10.30am-12.30pm, Green St*

Basic English for Beginners *Mon, Weds, Thurs, 10.30-11.30am, Green St*

Embroidery Group *Thurs, 10.30am-12.30pm, Manor Park*

International Lunch Club Cost £3 per meal. First come, first served. *Mon, 12pm, Beckton C.C.*

Docklands Drop-In Group *Wed, 1-3pm, Beckton C.C.*

Chai and Chat Women Group (18+) For women who use the mental health service only. *Weds, 10.30-12.30pm, Plaistow*

BPCA Day Care Centre For people with multiple disabilities. *Mon-Fri, 9am-4pm, Beckton C.C.*

Workplace Drop-ins Discuss job vacancies training etc. *Wed, 23 Mar, 2-4pm, Stratford, email:rehana.b@newham.gov.uk*

The Book Club Contact Custom House Library for this month's book. *11am, Sat, 20 Mar*

CYANA Cancer You Are Not Alone

Thurs, 24 Mar, 3-5pm, The Gate

COMMUNITY ACTIVITIES



Mums2be Meetup

Information and support for expectant parents. *3rd Sat of every month, 10-11am. Email newham@nct.org.uk*

Mums, Bumps and Babies

Fri in various cafes around Newham. Visit www.netmums.com or email jojostevie@live.com

Junior Volunteer Police

Cadets (10-12 yrs, term time)

Wed, 3.30-5pm, Little Ilford School, Browning Rd, E12, £1.

Senior Volunteer Police

Cadets (13-17 yrs) *Wed, 6.30-9pm, Little Ilford School, Browning Rd, E12, £2.50. Thurs, 6.30-9pm, Eastlea Community School, Exning Rd, E16, £2.50.*
Call 07500 881 378

Baby Sensory Play Group

Fri, 1-2pm, Green St

BOXING AND SELF DEFENCE



Boxing (Newham College)

Mon, 5-6pm, East Ham College, High St South, E6

Fight For Peace Boxing

Mon to Fri, 4-5pm 10-14yrs; Mon to Fri, 5-9pm, 14+yrs Woodman St, North Woolwich, E16. Call 020 7474 0054

West Ham Boys ABC

Mon, Wed, Fri, mixed (8-16yrs), 5-6pm, Sat, boys (6-11yrs), 10-11am, girls (7-16yrs), 11am-12noon, £2. 2 London Rd, E13. Call 020 8472 3614

Boxing and Self Defence

(16+) *Tues, 5.15-6.15am, Jack Cornwell C.C*

HEALTH AND FITNESS



Salsa Dancing (18yrs+)

Mon, 3.15-4.45pm, Beckton C.C; Tues, 11.45am-12.45pm,

Field C.C

Nordic Walking

Wed, 9.15-10.30am. Meet at Field C.C. Not suitable for wheelchairs. Call 07783 660 429

Tai Chi Class *Fri, 10-11am, Beckton C. C. Fri, 11am-12pm, The Gate*

Let's Yoga

Cost £7.50 for 10 weeks, for 50+. *Mon, 10-11.30am, Beckton C.C. TT; Mon, 6-7.30pm, Green St, £1. Thurs, 6.30-7.30am, £5 per session, Grassroots, Weds, 7-9pm, Sat 10am-12pm, Jeyes C.C. £1. 16+*

Zumba

Registration essential. *Tues, 5-6pm, 6-7pm, free; Sat, 10-11am, Brampton Primary School, Masterman Road, E6 3LB, £3.50 or £12 for 4 sessions. Tues, 10.30-11.30am, Field C.C*

Tone-Tastic

18+ Mon, 2-3pm, Weds, 9.30-10.30am, Field C.C.

Aerobics

Tue, 9.30-10.30am, Jack Cornwell C. C £2

Keep Fit to Salsa (18+)

Tues, 11.45am-12.45pm, Field C.C; Mon, 3.15-4.45pm, Beckton C.C.

Let's Yoga

Thurs, 6.15-7.45pm, The Gate

Bollywood Exercise Class

(14+) *Sat, 11am-12noon, Katherine Road C.C.*

Slimming World

Mon, 5.30-9pm, Beckton C.C. £5 per session

Circuits/Bootcamp (14yrs+)

Tues, 5.30-6.30pm, Newham College, Stratford Campus, E15 4HT. Email: sports@newham.ac.uk

50+ ACTIVITIES



Bingo (50+yrs)

Mon, 12-1pm, Beckton C.C; Mon, 12-4pm, Jeyes C.C; Thurs, 7-9pm, Jack Cornwell C.C

ICCAN

Faith based group with cultural

activities. *Fri, 12-2pm, Jeyes C.C*

Active Centre 50+ Group

Weds, 12noon-4pm, Field C.C; Mon, Wed, Fri, 1.30-4pm, Beckton C. C.

Dominos Group

Fri, 6-10pm, Field C.C

Chair Based Yoga

Tues, Weds, 12.30-1.30pm, Manor Park

Forever Young

Enjoy community activities and make new friends. *Wed, 11am-1pm, Beckton; Wed, 10.30am-12.30pm, Field C.C.*

Pilates Classes

Tues, 9.30-10.30am, Field C.C

Happy Living Club

Indoor and outdoor activities. *Tues, 1.30-5.30pm, Jeyes C.C*

Holiday Spanish Club

Wed, 12.30-1.30pm, Manor Park

Walking Football

Tues, 10-11am, Priory Park E6 1QH. Email dgheerawo@westhamunited.co.uk or call 07803 210 299.

Soca Aerobics

Fri, 3-4pm, Grassroots C.C.

Age UK East London Nordic Walks (18+)

Mon, 10.30-11.30am, meet at Hackney Marshes Centre, Homerton Road, E9. Call 07989 938 242

Steel Pan Music Therapy

For people with learning and physical disabilities, Dementia and stroke. *Fri, 12-2pm, Beckton C.C*

Zumba & Indian Dance

Designed for 50+ but all ages welcome. *Fri, 12noon-1pm, Jeyes C.C.*

Get Active, Get Healthy, and Exercises for Fitness

Thurs, 10.30-11.30am, Manor Park

Get Active, Get Healthy – Walk to the park

Mon, 10.30-11.30am, Manor Park

Backercise

Tues, 6-7pm, The Gate.

**Drop-in Embroidery Class**

Mon, 11am-1pm, East Ham Market Hall, E6 1HY

**Tea Dance**

1-3pm, Weds, 16 Mar, St Marks C.C. £1.50

GREEN**Green Gym**

Weds, 10am-1pm, meet at Visitor Centre in East Ham Nature Reserve, Norman Rd, E6. Call 07845 973 156

**Green Volunteering**

Tues and Thurs, 10am-2pm. Silvertown Wy, E16 (opp. Hallsville Rd)

**Garden Club**

Tues, 1-3pm, Thurs, 4-7pm, Sat, 10am-4pm, Abbey Gdns, Bakers Row, E15

**Gardening Thymes****Gardening Club** Fri, 11am-1pm, Bowling Green, Central Park, High St South, E6**Grow Together Be Together Community Gardening Club**

Wed, 10am-1pm. Sat, 1pm-3pm, Flanders Field, Melbourne Rd entrance, E6. Call 020 8586 7070

**Caravanserai Garden****Volunteering** Thurs and Sat, 11am-3pm, Silvertown Wy, E16. For information call 07773 863 384**Community Gardening**

Tues, 10am-12pm, Beckton C.C.

**Green Volunteering**

Meeting: Thurs, 5-7pm, North Woolwich Library

**DOORSTEP CLUBS**

Call 0300 124 0123, unless otherwise stated.

Athletics Club (14yrs+)

A multi-sport session focusing on athletics, football and the gym. Tues, 6-7pm, Newham Leisure



Centre, E13. Call 07718 394 756

Gym & Basketball (14yrs+)

Tues, 6-10pm, £2, Rokeye School, Barking Rd, E16

FEMALE SPORTS**Basketball Sessions**

Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

**Dare2Dance (12-16yrs)**

Street dance, Fri, 3.30-5.30pm, Newham Leisure Centre, E13

**Female Boxfit (14yrs+)**

Mon, 4.15-5.15pm, Balaam Leisure Centre, E13. Call 07970 783 526

**Girls Football (11-16yrs)**

Tues, 4-5.30pm, Thurs, 5-6pm, Newham Leisure Centre.



Fri, 5-7pm. Term time only.



Memorial Park, E15

Girls Group Cycling (11-15 yrs)

Tues and Thurs, 5-5.30pm, Newham Leisure Centre, E13

**Just Play (14yrs+)**

Wed, 6.30-8pm, multi-sports (term time). Cumberland School, E13. Call 0300 124 0123

**Women's Martial Arts****(16yrs+)** Tues, 5.15-6.15pm, Jack Cornwell C.C. Ring 07473 030 250**Female Only Gym Sessions**

Mon, 3-4pm, 16-25yrs. Mon and Wed, 7.30-10.30pm. Tues and Thurs, 12noon-1.30pm. Sun, 3-5pm, 11-15yrs, Newham Leisure Centre, E13. £4.65

**Get Back into Netball**

Tues, 6-7.30pm, juniors; 7.30-9pm, seniors. £2. Lister Community School, E13. Call 07717 281 529

**Abs Blast (11-15yrs)**

Thurs, 5.30-6.30pm, £3.10, Newham Leisure Centre, E13

**Female Only Zumba**

Tues, 6-7pm, Forest Gate Community School, Forest Ln, E7. Thurs, 6.30-9pm, The Well C.C, Vicarage Ln, E6. £1. Call 07741 292 902; Thurs, 10.15-11.15am, Stratford, £2.50; Mon, Weds, 6.30-7.30pm, Asta



Community Hub, 14A Camel Road, E16 2DE. £2.50

Fun Female Fitness**(14yrs+)** Weds, 5-6pm, Newham College, East Ham Campus, E6 6ER. Email: sports@newham.ac.uk**Netball (14yrs+)**

Mon, 5-6pm, Newham College, East Ham Campus, E6 6ER. £1 for non-Newham College students. Email: sports@newham.ac.uk

**SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE****Ability Club (14-25yrs)**

Multi sports for disabled young people. Wed, 5.30-6.30pm and Fri, 4.45-6pm, NewVic, E13

**Athletics (8-18yrs)**Tues, 4.15-6.15pm, Brampton Manor, Roman Rd, E6. **Thurs**, 4.30-5.55pm, St Angela's Ursuline School, E7. Email cnourrice@englandathletics.org**Get Fit for Free**

Tues, 1.30-3.30pm and Fri, 10am-12noon. Gym use for people with learning disabilities. Newham Leisure Centre, E13. To book an induction call 0300 124 0123

**Sensory Play (U5yrs)**

Wed, (term time) 1.30pm-3pm, Oliver Thomas Children's Centre, Mathews Ave, E6. Email Naomi.ferron@oliverthomas.newham.sch.uk or call 020 8821 0997

**Swim for Families****Dealing with Autism**

Wed, 4-5pm, Balaam Leisure Centre, E13. Call 0300 124 0123

**Support In Action (18yrs+)**

Indoor and outdoor activities, advice and support. Thurs, 12noon-4pm, to Jeyes C.C

**Family Swims**

Sat, 4.30-5.30pm, Newham Otters Swimming Club, Newham Leisure Centre, E13. Call 0300 124 0123. Sun, 12.30-2pm, Family



Swim, Balaam Leisure Centre, E13. £5. Call 0300 124 0123.

**RUNNING****Beckton Park Run**

Sat, 9am, Beckton Park South, E16. Call 07718 394 756 www.parkrun.org/beckton

Run England£2 unless stated. Sun, 10am-12noon, Newham Leisure Centre, E13 (meet on track). Mon, 4-5.30pm, Newham Leisure Centre, E13 (meet on track). Mon, 5.45-6.45pm, Newham Dockside, E16 (meet at reception). **Wed**, 12noon-1pm, Newham Dockside, E16 (meet at reception). **Thurs**, 5.15-6.15pm, UEL Docklands Campus, E16 (meet at reception). **Sat**, 10-11.30am, Wanstead Flats, E12 (meet at Harrow Rd Changing Pavilion). **Sat**, 10-11.30am, Memorial Park, E15, £4 (meet at car park). Call 07718 394 874.**West Ham Park Run**

Sun, 11am. Meet at Central Park Keepers Lodge, E6. Call 020 8257 4505

East End Road Runners

Tues and Thurs, 7pm. Sun, 9am. Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. Call 07979 261 647.

SPORTS**Fencing with Newham****Swords** Tues, 6-9pm, Thurs, 6-9pm, Fri, 7-10pm. Classes for adults (18+), and mini-pirates (4-7yrs). UEL SportsDock Call 07956 618 898**Cricket (14yrs+)**

Tues, 6-8pm, Newham Sixth Form College, E13. Call Ratheesh on 07476 269 226

Lister Table Tennis**Satellite Club (11-25yrs)**

Weds, 6.30-8pm, Newham Sixth Form College, E13. £1. For information call Shiri on 07888 830 179

Indoor Cricket (8-16yrs)

Weds, 6-8pm, £2, Lister

Call 0300 124 0123, unless otherwise stated.

Athletics Club (14yrs+)

A multi-sport session focusing on athletics, football and the gym. Tues, 6-7pm, Newham Leisure



Community School, E13,
email michelle.daniel@
activeNewham.org.uk

Black Arrows Badminton Club

Adults: Fri, 7-9pm, Juniors: Sat, 10am-12noon, £3.70, East Ham LC. Adults: Weds, 7-10pm, UEL SportsDock. Call 07932 037 173

Newham and Essex Beagles Athletics Club

Mon and Wed, 6-9pm. Foundation groups (8-10yrs). Mon, 7-8pm and Wed, 6-7pm, £5. Terence McMillan Stadium, Newham Leisure Centre, E13. www.newhamandessexbeagles.co.uk

BMX (6-16yrs)

Sun, 10am-12noon, £3. Gooseley Playing Fields, St Albans Ave, E6. Call 07961 333 615

Mini Tennis Courses

(4-16yrs) Tues: 4-5pm, 5-6pm, East Ham Leisure Centre, 324 Barking Road, London, E6 2RT. Thurs: 4.30-5.30pm, 5.30-6.30pm, 6.30-7.30pm, Newham Leisure Centre, 281 Prince Regent Lane, London, E13 8SD. Sat: 4-5pm, 5-6pm, Central Park (tennis courts), High Street South, East Ham, E6 6ET. Sun: 12-1pm, 1-2pm, Stratford Park (tennis courts), West Ham Lane, Stratford, E15 4PT Contact: michelle.daniel@activenewham.org.uk 07741 293 513

Adult Tennis (16+) Sat: 9-10am, 10-11am, 11-12pm, Central Park (tennis courts), High Street South, East Ham, E6 6ET. Sun: 9-10am, 10-11am, 11-12pm, Stratford Park (tennis courts), West Ham Lane, Stratford, E15 4PT Contact: michelle.daniel@activenewham.org.uk 07741 293 513

Table Tennis (14yrs) 
Thurs, 4.40-6pm, Newham College, East Ham Campus, E6 6ER. Email: sports@newham.ac.uk

Volleyball with Newham College (14yrs+)

Thurs, 5.30-7pm, East Ham Leisure Centre
Email: sports@newham.ac.uk

FOOTBALL



AIR Football (16yrs+)

Tues, 1-3pm, Fri, 10am-12noon, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6. Visit www.airfootball.co.uk

Football and Athletics

Thurs, 4-5.30pm, Britannia Village, 65 Evelyn Rd, E16

Football & Multi Sports

Mon, 4-5.30pm, Newham Leisure Centre, E13.
Wed, 5-6pm, Stratford MUGA, West Ham Ln, E15

Mayor's Football League

U10yrs, U12yrs, Mon, 4.30-6pm, U16yrs, U18yrs, 6-7pm Newham Leisure Centre, E13

Premier League (16yrs+)

6-a-side (4 subs) Weds, 7-10pm, Newham Leisure Centre, E13

WHU Kicks

Mon, Tues, Fri, 4-7pm, WHUCST, Beckton 3G, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat 10.30am-12noon, Newham Leisure Centre, E13

Ascension Football

Sat, 10-11.30am, £3. Reception to 11yrs. King George V Park, King George Ave, E16. Call 07806 584 925

BASKETBALL



Basketball & Multi Sports

Fri, 5-6.30pm, 8-19yrs, Snowhill MUGA, Snowhill Rd, E12

Basketball Sessions

Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12

National League

Mon, 6-8pm, U13/14yrs, Tues, 6-8pm, U15/16yrs, Rokeby School, E16. Thurs, 4.30-6pm, U13/14yrs boys, U14yrs girls; 6-8pm, U16yrs, Newham Leisure Centre, E13, 6-8pm, U18yrs, Cumberland School, E13

NCFE Sports – Basketball

Thurs, 5-7pm, East Ham Leisure Centre. To register email sports@newham.ac.uk or call 020 8257 4255

Senior Programme

Mon, 7.30-9.30pm, Division 2 women and division 3/4 men. Rokeby School, E16. Call 07947 401 616

Basketball (14yrs+)

Tues, 5.30-6.30pm, Forest Gate Community School, E7 9BB. Email: sports@newham.ac.uk

COMMITTEE MEETINGS

All meetings take place at Newham Town Hall, Barking Rd, E6, unless otherwise stated

Mon, 14 Mar, 7pm,

Local Development Committee

Thurs, 17 Mar, 5pm,

Cabinet/Mayoral Proceedings

Thurs, 17 Mar, 7pm,

Health and Wellbeing Board

Wed, 23 Mar, 7pm,

Audit Board

CONTACT THE MAYOR

Here to Help sessions

Please register by attending the venue 30 minutes before the advertised time.

Tues, 15 Mar, 5pm The Gate

Sat, 26 Mar, 10am, East Ham Library doors do not open

until 9.30am

Telephone Surgery

Weds, 23 Mar. Please call 020 8430 2000 between 10-11am and leave your details, and the Mayor will call you back.

CONTACT DETAILS

LIBRARIES & COMMUNITY

NEIGHBOURHOODS

Beckton Globe 1 Kingsford Wy, E6

Canning Town Barking Rd, E16

Custom House

Prince Regent Ln, E16

East Ham 328 Barking Rd, E6

Green Street 337-341

Green St, E13

The Gate 6-8 Woodgrange Rd, E7

Manor Park

685-691 Romford Rd, E12

North Woolwich

5 Pier Parade, E16

Plaistow North St, E13

Stratford 3 The Grove, E15

Archives and Local Studies

020 3373 6881

Community Outreach

020 337 30813

Church of God 37 Manor Park Road, E12, 020 8911 9494

The International Quarter

Marketing Suite

Celebration Avenue, E20 1DB

LEISURE & SPORTS VENUES

Balaam Leisure Centre

14 Balaam St, E13

East Ham Leisure Centre

324 Barking Rd, E6

Newham Leisure Centre

281 Prince Regent Ln, E13

NewVic Prince Regent Ln, E13

UEL SportsDock Docklands Campus, University Wy, E16

West Ham United Football Club

Boleyn Ground, E13 9AZ

COMMUNITY CENTRES (C.C)

Beckton Community Centre

14 Manor Wy, E6, 020 7511 1214

Field Community Centre

147 Station Rd, E7 020 8536 2800

Grassroots Centre Memorial Park, Memorial Ave, E15, 020 3373 0650

The Hub 123 Star Ln, E16

020 3373 0750

Jack Cornwell Community

Centre Jack Cornwell St, E12 020 8553 3459

Jeyes Community Centre

1 James Cl, E13, 020 3373 2205

Katherine Rd Community

Centre 254 Katherine Rd, E7

020 8548 9825

St Mark's Community Centre

218 Tollgate Rd, E6

020 7511 1214

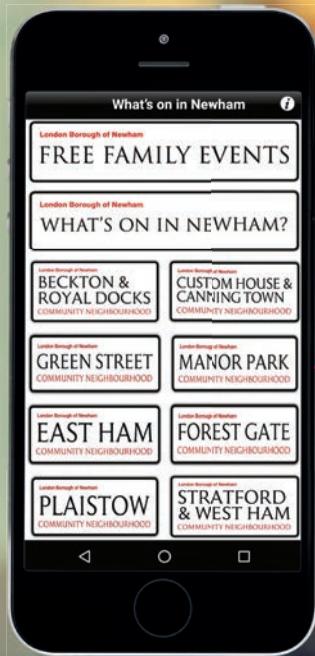
Vicarage Ln Community Centre

Govier Cl, E15, 020 8519 0235

Harold Road Centre

170 Harold Road, E13 0SE

020 8472 2805



London Borough of Newham

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